

Become a thought explorer!

The 5 steps of metacognition

1



Think about your goal

- What am I trying to find out?
- What do I want to learn?

“I know what I’m looking for!”

E.g. “I want to understand how plants grow.”

2



Make a plan

- How will I start?
- What tools will I need?
- What steps do I need to follow?

“I’ve got a plan now!”

E.g. “I can look for books about plants or check online. I can try planting my own seeds!”

3



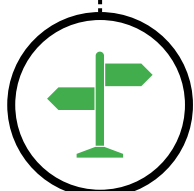
Check In With Yourself

- Am I focused?
- Do I understand what I have to do?

“Wow...I understand what I’m reading”

E.g. “Now I know that plants need regular watering to help them grow.”

4



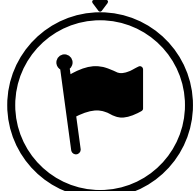
Think About How It's Going

- Am I doing well?
- Should I change anything in my plan?

“It’s OK but maybe I can try a different way to make things easier”

E.g. “It’s a good idea to keep some notes about the process.”

5



Learn From the Experience

- What did I learn?
- What will I do better next time?

“I’ve become wiser as I know how to learn!”

E.g. “I can try with a different plant next time and note down the differences in their growth process.”



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